

Embarrassingly Easy Crock Pot Salsa Chicken Thighs

This is the EASIEST slow cooker recipe EVER! Just TWO ingredients: salsa and chicken plus some spices makes a delicious juicy chicken that can be used in tacos, over rice, over salad and more!

Last night we had them as tacos with all the fixins, and for my youngest, I served hers over rice. Today I was in the mood for a salad bowl like I often get at Chipotles and simply added some tomatoes, corn, shredded cheese and avocado and it was wonderful. This filling can be used so many ways, and it's too easy not to try. If you make it with chicken breast, you can reduce the cook time to about 2 to 3 hours on low. Use it however you like, tacos, salad, enchilada filling, anything I haven't thought of please share!

Embarrassingly Easy Crock Pot Salsa Chicken Thighs

Skinnytaste.com

Servings: 6 • Size: 1 thigh • Old Points: 4 pts • Points+: 4 pts

Calories: 187 • Fat: 8 g • Carb: 3 g • Fiber: 1 g • Protein: 30 g • Sugar: 0 g

Sodium: 315 mg • Cholesterol: 127 mg

Ingredients:

- 1-1/2 lbs lean skinless chicken thigh filets (Perdue Fit and Easy)
- 1 cup chunks salsa
- adobo seasoning (or salt) to taste
- 1/4 tsp garlic powder
- 3/4 tsp ground cumin
- salt, to taste

Toppings:

- 12 large taco shells (I used El Paso Stand and Stuff)
- shredded lettuce
- shredded cheddar
- sour cream

Directions:

Season the chicken with adobo (or salt), then place in the crock pot and top with salsa, garlic powder and 1/2 tsp cumin.

Cover and cook LOW for 4 hours. When cooked, remove the chicken and set on a large plate; shred with two forks. Pour the liquid into a bowl and reserve, then place the shredded chicken back into the crock pot, adjust salt to taste and add remaining 1/4 tsp cumin.

Pour 3/4 cup of the reserved liquid back into the crock pot and cover until ready to serve.

Makes about 2 3/4 cups chicken.